

# 12 Things an Orthodox Christian Can Do in Times of Peril



## PRAY TO GOD

Asking for deliverance from infirmity, trials, and tribulations. Praying for those caring for the ill, pray especially for those afflicted by the virus for their restoration to full health.



## READ THE SCRIPTURE

Beginning with Psalm 90, appropriate in times of peril and distress, continue with other psalms (50, 118, 23, 148, and 140) guiding our personal prayers, allowing God to be present in our lives.



## DRINK HOLY WATER

Taking a sip each morning with your prayers as a way to actively repel evil in your life, asking God to strength your faith, to receive the His blessings.



## RECEIVE THE EUCHARIST

The Body and Blood of Christ are for our spiritual and physical health. Fast and pray in preparation before the liturgy, to be counted worthy for the remission of sins and life everlasting.



## COME TO CONFESSION

Reflecting on your life, considering the things needing to be confessed this Lent, giving them to God with repentance, that He may help us live a life of Godliness and sanctity.



## PRAY TO THE THEOTOKOS

For medical professionals, including some of our own parishioners, who are caring for the afflicted. The Virgin Mary watches over all of us, interceding before Christ on our behalf.



## PRAY TO JESUS CHRIST

He is the Physician of our souls and bodies, that He may guide researchers and scientists working for a cure, and for those afflicted, that He will raise them up and restore them to health.



## FAST

If you are well, keep the Lenten fast. Many Lenten foods are high in protein and nutrients promoting good health. And always keep the fast in spirit.



## SUPPORT IOCC

Giving a charitable gift can fund their U.S. based humanitarian aid programs ([www.iocc.org](http://www.iocc.org)), assisting those in need or impacted by natural disasters and crises like the Covid-19 pandemic.



## BE THE CHURCH

Even if we're unable to be IN church, we can still BE the church: show kindness, mercy, and compassion on the homebound and elderly, calling to chat or by sending a greeting card.



## PRAY TO THE SAINTS

St. Panteleimon and other unmercenary doctor saints are intercessors before God: through their prayers, may this pandemic be cured.



## NOTIFY YOUR PRIEST

If you or a loved one contract the virus, tell your priest. We, as a community of Orthodox Christians, pray for each other and those afflicted by the virus.